



At Bunbury Podiatry we are dedicated to providing the highest level of foot and ankle care for our valued patients.

This brochure has been designed by our Podiatrists to provide information that is easy to understand when considering whether or not an orthotic device is right for you.

For more information or to make an appointment please contact us.

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## Orthotic Information

\*The information provided in this brochure is for general informational purposes only and should not be used as a substitute for professional medical care. If you have any questions or concerns regarding your orthotics, please contact your podiatrist.





## WHAT ARE ORTHOTICS?

- Foot orthoses or orthotic devices, are customised shoe inserts designed to help treat lower limb injury and pain. Injury presents as an area of stressed tissue which can come from a number of causes (training error, gender, weight, shoes, terrain, illness, etc). All of which take the tissue out of its optimal zone. Orthoses change tissue loading and can be used as part of a multifaceted treatment plan.
- Your podiatrist at Bunbury Podiatry specialises in analysis of the biomechanical function of the lower limb.
- Although orthotic insoles may look similar, they have very different functions depending on the prescription required.

## THE PROCESS

- You will be biomechanically assessed (Muscle, Range of Motion and Gait Analysis) to diagnose the problem. Your podiatrist might then try shoe padding or strapping and when this demonstrates clinical improvement, casts will be taken of your feet to make your orthoses.
- Orthotics usually take 2 weeks to be made. A fitting appointment will be made for you at the end of these 2 weeks so the podiatrist can fit the orthotic to your shoes and assess you walking in them.
- The podiatrist will review you after 2-3 weeks to make sure they work well.

## FEES

- Orthotic fees vary depending on the material and prescription. The fee includes fitting, review, alterations and adjustments for the first 3 months.
- Private health insurance rebates depend upon your cover. Health funds allow claiming for orthoses once every calendar year. Please check with your specified health fund for your entitlements as these vary significantly.
- See attached form for pricing.

## WEARING ORTHOTICS

- Your orthotics may not fit in all of your shoes but can be modified to fit into some casual shoes.
- Slim orthotics may be made specifically for dress shoes, but provide less support.
- It takes time for your body to adjust to orthotics and for the skin on your feet to get used to the contact from the orthotic. It can take a few weeks to get used to wearing orthotics.
- Wear the orthotics only while they are comfortable while you are breaking them in. This time may vary from 15 minutes to several hours.
- If the orthotics start to feel uncomfortable, remove them from your shoes and let your feet rest for a couple of hours.
- Check your skin for pressure areas. They should not cause pain, bruises or blisters. Please call our rooms if this is the case to have your orthotics adjusted.
- You should be able to wear them comfortably all day within 1-6 weeks.
- It is not recommended to run/exercise in orthotics immediately. It is best to let your feet and body adjust before subjecting them to the added impacts and forces associated with exercise.

## ORTHOTIC CARE

- Remove your orthotics from your shoes to allow perspiration or wetness to evaporate.
- The orthotics should be cleaned periodically by wiping them down with a damp cloth and detergent.
- If you have a soft top cover on the orthotic, sprinkle them with baking soda or talcum powder to help absorb odour.
- DO NOT immerse in water (sink, washing machine) or subject them to heat (heater, fireplace, dryer).
- How do I stop them from squeaking?
  - Use sandpaper to rough up the bottom of the orthotic.
  - Shake talcum powder inside the shoe and on the bottom of the orthotic.
  - Rub a bar of soap on the bottom & around sides of orthotic.
- Keep the casts of your feet as you may require another pair of orthoses in the future and it is more cost effective and efficient.

## HOW LONG WILL THEY LAST?

Orthotics generally last 3-5 years depending on the material used but the amount of heat or force determines how soon you will need to refurbish them. We recommended a yearly review to make sure you are getting maximum benefit from your devices.

